

SERTOMA ARTS CENTER – SUMMER 2014



DISCOVER YOUR CREATIVE SIDE

Preschool Classes

Preschool – Mini Monets

Age: 18mths-2yrs. This class introduces little ones to a variety of art materials through hands on learning. Discovery and creative play encourages the development of motor skills and group social skills. Parent/caregiver attends with child; only child should be registered for class. Michelle Davis Petelinz instructs.

Course Fee: \$30

#157716 Aug 14-28 Th 9:30-10:30am

#157724 Aug 15-29 F 9:30-10:30am

Course Fee: \$60

#157714 May 8-Jun 12 Th 9:30-10:30am

#157715 Jun 26-Jul 31 Th 9:30-10:30am

#157722 May 9-Jun 13 F 9:30-10:30am

#157723 Jun 27-Aug 1 F 9:30-10:30am

Preschool – Petite Picassos

Age: 3-4yrs. Classes will encourage the children to create unique works of art, as we explore different painting and craft techniques. Each week, we'll read a new book which will inspire our projects. Preschool prep with focus on student independence; no parent/guardian. Michelle Davis Petelinz instructs.

Course Fee: \$30

#157668 Aug 11-25 M 9:30-10:30am

Course Fee: \$60

#157638 May 5-Jun 16 M 9:30-10:30am

no class May 26

#157639 Jun 23-Jul 28 M 9:30-10:30am

Youth Classes

Art – Art Around the World

Age: 7-10yrs. Come travel with us! Each week, we'll learn about a different country, and create projects inspired by its art. Destinations may include places like Australia, China, Egypt, Ghana, India, Mexico, Peru, and more. No two sessions are ever alike, so sign up for them all! Michelle Davis Petelinz instructs.

Course Fee: \$35

#157713 Aug 13-27 W 4:00-6:00pm

Course Fee: \$70

#157710 May 7-Jun 11 W 4:00-6:00pm

#157711 Jun 25-Jul 30 W 4:00-6:00pm

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Art – Art Club

Age: 7-11yrs. Come join the Art Club! Members will choose projects from a list provided by the instructor, such as: weaving, bookmaking, mask making, sculpture, mixed media painting, puppet making, posters, and printmaking. No two sessions are alike, so join as many as you can. Michelle Davis Petelinz instructs.

Course Fee: \$21

#157666 Aug 12-26 T 4:15-6:15pm

Course Fee: \$70

#157664 May 6-Jun 10 T 4:15-6:15pm

#157665 Jun 24-Jul 29 T 4:15-6:15pm

Art – Get smART

Age: 6-10yrs. Aspiring artists develop knowledge and techniques for drawing, painting, and much more! No sessions are ever the same! Michelle Davis Petelinz instructs.

Course Fee: \$30

#157658 Aug 12-26 T 2:00-3:30pm

#157720 Aug 14-28 Th 4:00-6:00pm

Course Fee: \$60

#157657 Jun 24-Jul 29 T 2:00-3:00pm

#157659 May 8-Jun 12 Th 4:00-6:00pm

#157718 Jun 26-Jul 31 Th 4:00-6:00pm

Art – Spotlight on Famous Artists

Age: 7-12yrs. Each week, we'll focus on the work of a famous artist or genre, and create projects inspired by them. Projects will include various materials and techniques. Sign up for either session or both they are never the same. Michelle Davis Petelinz instructs.

Course Fee: \$30

#157654 Aug 11-25 M 4:00-5:30pm

Course Fee: \$60

#157645 Jun 23-Jul 28 M 4:00-5:30pm

Pottery – Handbuilding for Children

Age: 5-8yrs. Children work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class so don't miss it! Students can pick up finished work after course is completed. Lynn Kurisko instructs.

Course Fee: \$55

#155518 May 7-28 W 4:15-5:30pm

#155519 Jun 18-Jul 16 W 2:30-3:45pm

no class Jul 2

#155520 Jul 23-Aug 13 W 4:15-5:30pm

Pottery – Parent/Child Handbuilding

Age: 5-12yrs. This is a hands on class where parents assist their children in making clay projects including pinch pots, coil building and slab work. After all projects are made, they will be fired and then we will glaze them. The parent can be a grandparent or any other caregiver to the child. Lynn Kurisko instructs.

Course Fee: \$40

#155525 Jul 7-28 M 4:15-5:30pm

Pottery – Wizards and Lizards in Clay

Age: 6-10yrs. Young artists form and sculpt figures or animals, real or mythical from clay. Students are encouraged to use their imaginations to create unique pieces of art. Works are decorated and glazed during the last class and left for firing. Work can be picked up at the Center one week after class has ended. Materials included. Lynn Kurisko instructs.

Course Fee: \$52

#155526 Jun 10-Jul 8 T 4:15-5:30pm

no class Jul 1

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Youth/Teen Classes

Art – 'Tooning Around: Cartooning Classes

Age: 10-15yrs. Learn cartooning fundamentals such as character design and perspective drawing. Create your own characters, make your own scenes, and draw your own comics. Supplies included. Gabriel Dunston instructs.

Course Fee: \$35

#157837 Aug 13-27 W 4:00-6:00pm

Course Fee: \$70

#157835 May 7-Jun 11 W 4:00-6:00pm

#157836 Jun 25-Jul 30 W 4:00-6:00pm

Drawing – Drawing Workshop for 10-16

Age: 10-16yrs. For beginning and advanced students. Class consists of individualized training of eye and hand in a supportive atmosphere. Students will begin drawings with graphite pencil and can choose to continue in other media. See how rewarding drawing can be!

Course Fee: \$58

#158057 Jun 17-26 T,Th 1:00-3:30pm

Music – Raleigh Children's Orchestra

Age: 6-13yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7, who have played for 6 months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an orchestra setting. Each semester begins anew with the learning of new pieces of music, culminating in a free public concert for friends and family. Students provide their own instruments, music stand, and 3-ring binder. Director: Ilse Mann.

Course Fee: \$100

#157578 Jun 12-Jul 31 Th 5:45-7:00pm

Performing Arts – Musical Theatre Production

Age: 8-17yrs. In this two-week course, participants will build skills in acting, singing, and dance. Students will also delve into musical theatre production practices as they produce and are cast in Disney's musical, 'Beauty and the Beast Jr.' Instructor: Cathy Minjkives. Cathy teaches theatre and directs shows for Wake County Schools. Final Dress Rehearsal Saturday, July 19 at 10:00am, Performance at 1:00pm on July 19.

Disney's Beauty and the Beast Jr.

Course Fee: \$300

#157406 Jul 7-18 M-F 11:00am-5:00pm

Final rehearsal for registered students only

#157407 Jul 19 Sa 10:00am-1:00pm

#157408 Jul 19 Sa 1:00-4:00pm

Pottery – Wall Clock Face Workshop

Age: 7-15yrs. Children will be able to use their imaginations to create clocks from clay. The first meeting will be working with the wet clay to make the shape and cut out embellishments. In this workshop students will learn techniques such as slab rolling, creating texture and drawing with a needle tool to make a fully functional (yet delightfully whimsical) wall clock. Pieces will be glazed during the second class and students can pick up finished projects one week after the last class. Lynn Kurisko instructs.

Course Fee: \$48

#155528 Aug 4-11 M 2:30-3:45pm

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Pottery – Handbuilding: Food! Food! Food!

Age: 7-15yrs. Pizza, cupcakes, fries, fruits, veggies allow their imaginations to be limitless. All children love to explore with clay and to do it through food is fun. In the first class we will form the wet clay into the food and second we will paint the glaze colors onto the bisque pieces. The finished pieces will be ready one week later. Lynn Kurisko instructs.

Course Fee: \$30

#157409 Aug 4-11 M 4:15-5:30pm

Pottery – Handbuilding for Youth and Teens

Age: 9-15yrs. Students work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class and student can pick up finished work after course is completed. Joan Walsh instructs.

Course Fee: \$55

#155521 May 8-29 Th 4:15-5:30pm

#155522 Jun 12-Jul 10 Th 4:15-5:30pm

no class Jul 3

#155523 Jul 31-Aug 21 Th 4:15-5:30pm

Teen Classes

Photography - Teen Photography

Age: 12-16yrs. Expand your photography knowledge beyond selfies on your phone. A beginning primer, teaching the basics of photography in the digital realm. Teens will learn basic photo techniques, the fundamental controls of their camera, when to take the reins, and when to let the camera 'do it's thing.' Bring a DSLR camera or a 'point and shoot' with manual aperture and shutter speed controls. Eric Krouse instructs.

Course Fee: \$76

#160716 Jun 17-Aug 2 Tu,Sa 6:00-8:00pm (Tuesdays); 1:00-3:00pm (Saturdays)

Pottery – Wheel Throwing for Teens

Age: 13-16yrs. Teens learn the basics of throwing pots on the potters wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level so all teens welcome! Class ends with glazing all pots for firing, which can be picked up by the students after class has ended. This class does not qualify participants for a Studio Card. 6 sessions. Joan Walsh instructs.

Course Fee: \$80

#155529 Jun 18-Jul 23 W 4:00-6:00pm

Adult Classes

Art – Mixed Media

Age: 15yrs and up. In this class students will use several art mediums and combine them to make or recreate art. We will work with watercolor and gouache and/or acrylic plus pen and ink, colored pencil. We will also look at working over old abandoned paintings, creating something new. Instructed by Kate Lagaly. Supply list can be found on Sertoma's website.

Course Fee: \$42

#158143 Aug 13-27 W 10:00am-12:30pm

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Dance – Ballroom Strictly Latin

Age: 16yrs and up. Classes are for both beginning and more advanced students. Students will learn Latin dances such as Cha Cha, Rumba, Tango, Samba, Mambo, and Merengue. Instruction will emphasize Cuban motion and styling. Fifteen minutes of supervised practice precedes class instruction. Couples only please, each person from each couple must register separately. Students must have some prior Ballroom Latin instruction. Instructors: Liz Sorrell and Mike Metcalf.

Course Fee: \$48

#157416 May 6-Jun 17 T 7:15-8:30pm
no class May 27

Drawing – Cartooning for Adults

Age: 16yrs and up. Have fun learning the art of telling stories with images. Learn how to make your own characters and stretch your imagination. Skills include: character design, composing a scene, and traditional cartooning techniques. Gabriel Dunston instructs.

Course Fee: \$42

#157840 Aug 13-Sep 17 W 6:30-9:00pm

Course Fee: \$84

#157838 May 7-Jun 11 W 6:30-9:00pm
#157839 Jun 25-Jul 30 W 6:30-9:00pm

Drawing - Workshop: Oil Painting & Drawing - The Portrait

In this two day workshop we will be drawing and painting the portrait from life. Our drawings will be a 'tool' that we will use to complete the painting. We will use short gesture and longer poses to understand our subjects. After several drawing studies, we will turn our focus to the values of the head. This is an extremely helpful step when translating color into values. Starting with easy foundation color recipes and working in our shades, middle tones and highlights, this workshop will also utilize many application techniques to establish the essence and personality of our subjects. Live models will pose as the instructor guides you with several demonstrations, resource materials and one on one critiques. This is an advanced workshop and the students should bring their own supplies. Demos will be done in graphite, charcoal, and oil paints. Supply list available on Sertoma's home page. Leslie Pruneau instructs.

Course Fee: \$72

#160518 Jun 28-29 Sa,Su 10:00am-1:00pm (Saturday); 1:00-4:00pm (Sunday)

Drawing – Scratchboard and Pen and Ink

Age: 15yrs and up. Come and explore the wonderful world of black and white. In this class students will learn and practice several pen and ink techniques such as ink washes, cross hatching, stippling/pointillism, etc. We will also learn and practice some scratchboard 'etching' techniques. Adding color to these two mediums will also be introduced. Kate Lagaly instructs. Supply list available on Sertoma's website.

Course Fee: \$42

#158142 Aug 13-27 W 1:00-3:30pm

Jewelry – Bead Stringing with Gem Show Field Trip

Age: 16yrs and up. Create your own semiprecious jewelry masterpiece/s of your own design. Class will include a trip to the Jewelry and Gem show at the State Fairgrounds on Sunday, June 8 where students will purchase their material. First class is mandatory. No prior experience needed. Gem show details will be provided in the first class, all students are responsible for their own transportation. Marla Ainspan instructs. Students will need to bring a beading board and needle nose jewelry pliers. The rest of the materials will be determined by student choice at the Jewelry and Gem show.

Course Fee: \$45

#158144 Jun 2-23 M 6:30-9:00pm

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Painting – Beginning Acrylics

Age: 15yrs and up. This basic class offers students a gentle introduction to acrylic painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from their own photos, from life using simple still-life arrangements, or their imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint along demonstrations will assist as you learn at your own pace. Instructor: Larry Dean. Supply lists are available on Sertoma's home page.

Course Fee: \$42

#157828 Aug 11-25 M 6:30-9:00pm

Course Fee: \$84

#157826 May 5-Jun 16 M 6:30-9:00pm
no class May 26

#157827 Jun 23-Jul 28 M 6:30-9:00pm

Painting – Beginning/Continuing Painting

Age: 16yrs and up. This class offers students a gentle introduction to painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from their own photos, from life using simple still-life arrangements, or their imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint - along demonstrations will assist as you learn at your own pace. Students may work in acrylics, or traditional oil paints. Instructor: Larry Dean. Supply lists are available on Sertoma's home page.

Course Fee: \$84

#157829 May 6-Jun 10 T 6:30-9:00pm

Painting – Beginning/Continuing Painting II

Age: 16yrs and up. Students have usually taken a beginning class but not required. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about color mixing, shape, and perspective. Informal advice, paint along demonstrations will assist as you learn at your own pace. Subjects covered go from selecting a subject to varnishing the finished work. Students may work in acrylics, or oil paints. Instructor: Larry Dean. Supply lists are available on Sertoma's home page.

Course Fee: \$84

#157831 Jun 24-Jul 29 T 6:30-9:00pm

Painting – Continuing Acrylics

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about color mixing, shape, and perspective. Informal advice will assist as you learn at your own pace. Subjects covered range from selecting a subject to varnishing the finished work. Instructor: Larry Dean. Supply lists are available on Sertoma's home page.

Course Fee: \$42

#157834 Aug 12-26 T 1:00-3:30pm

Course Fee: \$84

#157832 May 6-Jun 10 T 1:00-3:30pm

#157833 Jun 24-Jul 29 T 1:00-3:30pm

Photography - Introduction to Photography

Age: 15yrs and up. A beginning primer, teaching the basics of photography in the digital realm. Students will learn basic photo techniques, the fundamental controls of their camera, when to take the reins, and when to let the camera 'do it's thing.' Bring a DSLR camera or a 'point and shoot' with manual aperture and shutter speed controls. Eric Krouse instructs.

Course Fee: \$95

#160513 Jun 18-Aug 2 W,Sa 6:00-8:30pm (Wednesdays); 10:00-12:30pm (Saturdays)

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Photography - Workshop: Intro to Close-Up & Macro Photography

Age: 15yrs and up. Close-up and macro photography is often challenging, but always fun, and the perfect way to get out of a photo rut. Macro lenses are great, but not required. Learn alternative methods to get great shots of an often overlooked world. Bring a DSLR camera or 'point and shoot' camera with manual aperture and shutter speed controls. Eric Krouse instructs.

Course Fee: \$30

#160514 July 13 Su 2:00-5:00pm

Photography - Workshop: Intro to Nature & Wildlife Photography

Age: 15yrs and up. Learn how to take YOUR best shot with the gear you have. Exotic glass and rapid fire cameras not required! This class centers on the approach to nature shots, from wide angle to telephoto, that are accessible to all shooters. Bring a DSLR camera or a 'point and shoot' with manual aperture and shutter speed controls. Eric Krouse instructs.

Course Fee: \$60

#160515 Aug 16-17 Sa,Su 11:00am-2:00pm (Saturday); 1:00-4:00pm (Sunday)

Pottery - Workshop: Enhancing Your Handbuilding Skills

Age: 16yrs and up. It's time to hone your handbuilding skills! In this 2 day hands on workshop, we will discuss developing quality work and finding your voice in clay. Demonstrations include new approaches to forming unique and decisive functional pots. Using slabs, coils, and basic handbuilt elements, we will establish practices for properly using molds, design templates and stamps to expand your range of form and surface. Learn how to punctuate your work with lids that fit, feet, nice handles, and clean design. On the second day, we will concentrate on finishing your work with techniques that include different ways of using slips and stains to decorate greenware, and successfully apply glazes. Prerequisite: Beginner handbuilding at Pullen or Sertoma. Bring lunch and any basic handbuilding tools you have. Clay can be purchased at the first class. Slips provided. Jennifer Stas instructs.

Course Fee: \$80

#160996 Aug 23-24 Sa,Su 9:30am-4:00pm

Pottery – Mechanics of Glaze Mixing

Age: 16yrs and up. Tens of thousands of pottery glaze recipes are available to contemporary potters in books, magazines, and on the internet. In this workshop you will learn how to take those formulas, create a usable batch size and prepare glazes for your pots. Important topics of discussion include calculating glaze materials needed, necessary equipment to formulate and prepare the glaze and safety precautions. No previous glaze mixing or formulation skills are necessary. This workshop does not qualify students for a studio card. Randy Hinson instructs. Bring a bag lunch or snack.

Course Fee: \$45

#157405 Jun 14 Sa 10:15am-2:15pm

Pottery – Electric Kilns: Setup and Maintenance

Age: 16yrs and up. This workshop is designed for potters who are considering buying an electric kiln and for those who own one and want to learn how to get the most use out of it. Types of electric kilns, features, site selection, firing cycles and safety are covered. (This class does not qualify for studio card purchase) Instructor: Randy Hinson.

Course Fee: \$40

#157404 Aug 23 Sa 10:00am-2:30pm

Pottery – Exploring Closed Forms

Age: 16yrs and up. This 3 session hands on wheel course will explore closed forms and the many types of pots that can be made from this technique. Throwing closed forms takes practice. The student should be comfortable throwing and shaping cylinders, and collaring the clay to close the form. The main focus of the class will be trimming and finishing techniques used to create lidded pots (including the 'chopstick' box), flower arrangers, and decorative objects, from the closed form once the clay is leather hard. Prerequisite beginner or intermediate wheel at Sertoma or Pullen Art Center. Tina Granville instructs.

Course Fee: \$45

#157343 Jun 12-26 Th 7:00-9:15pm

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Pottery – Handbuilding: Beginning

Age: 16yrs and up. This class explores techniques including pinching, coils and slabs, including an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than 2 classes and must attend the first class and the glazing class (approx. 5 week), in order to qualify for a studio card. Students will purchase materials at first class (approx. \$42). All skill levels welcome! Tim Cherry instructs.

Course Fee: \$95

#157398	May 13-Jun 24	T	7:00-9:15pm
#157399	May 14-Jun 25	W	9:30-11:45am

Pottery – Handbuilding: Advanced

Age: 16yrs and up. Through a combination of demonstrations and individual work time, students will further develop their handbuilding skills while making distinctive pieces including planters, unique boxes and tile. The variety of construction techniques used will include soft slabs, stiff slabs, and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will also help individuals develop and express their own unique style through clay! Prerequisite: Beginning Handbuilding class at Sertoma or Pullen Arts or comparable experience. Students who are new to Sertoma must attend the first class which covers safety and studio orientation as well as the glazing class (approx 5th class) in order to qualify for a studio card. Steve Karloski instructs.

Course Fee: \$70

#157400	Jul 7-Aug 18	M	7:00-9:15pm
#157401	Jul 9-Aug 20	Th	9:30-11:45am

Pottery – Wheel Throwing: Beginner

Age: 16yrs and up. This course introduces students to the basics of 'throwing' pottery, provides them with an understanding of ceramic terms, processes, and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles, and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approx. 6th week), in order to qualify for a studio card. Purchase materials at first class (approx. \$40). This is a 7-week class. Joan Walsh instructs.

Course Fee: \$95

#155530	May 20-Jul 1	T	7:00-9:15pm
#155531	May 21-Jul 2	W	9:30-11:45am

Pottery – Studio Orientation-Qualified Pullen Potters

Age: 16yrs and up. Sertoma Arts Center Pottery Studio Orientation is for Qualified Pullen Art Center Potters ONLY who wish to use Sertoma's Clay Studio. Once registered, Sertoma Arts Center will confirm with Pullen Arts Center that you are a qualified pottery patron. If you are qualified and you need to renew your studio card you may do so at Sertoma the day of orientation. We will offer these orientations each session. For further questions please call 919-996-2329.

Course Fee: \$25

#157402	Jun 18	W	7:00-8:00pm
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Exercise – Kripalu Yoga Beginning

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Course Fee: \$48

#157581	May 5-Jun 16	M	6:15-7:15pm
no class May 26			
#157582	May 5-Jun 16	M	7:30-8:30pm
no class May 26			
#157583	May 6-Jun 17	T	12:00-1:00pm
no class May 26			
#157584	Jul 8-Aug 12	T	12:00-1:00pm
#157585	Jul 7-Aug 11	M	6:15-7:15pm
#157586	Jul 7-Aug 11	M	7:30-8:30pm

Exercise – Kripalu Yoga Continuing

Age: 16yrs and up. This course is a continuation of Kripalu Yoga Beginning class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Course Fee: \$48

#157617	May 7-Jun 18	W	7:30-8:30pm
no class May 28			
#157618	Jul 9-Aug 13	W	7:30-8:30pm
#157619	May 8-Jun 19	Th	12:00-1:00pm
#157620	Jul 10-Aug 14	Th	12:00-1:00pm

Exercise – Kripalu Yoga Continuing with Meditation

Age: 16yrs and up. This course is a continuation of Kripalu Yoga Beginning class that includes a Meditation component. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Course Fee: \$48

#157615	May 7-Jun 18	W	6:15-7:15pm
no class May 28			
#157616	Jul 9-Aug 13	W	6:15-7:15pm

Exercise – Nia

Age: 13yrs and up. Fitness for the body, mind and spirit. Nia integrates movements from dance, the martial arts and yoga to create a fitness experience that is high energy, expressive and fun. This non-impact form is a safe, body centered workout that is adaptable for all fitness levels. Darlene Downing and/or Laura Ghantous instructs.

Course Fee: \$24

#157629	Aug 8-22	F	9:30-10:30am
#157632	Aug 9-23	Sa	10:00-11:00am

Course Fee: \$48

#157627	May 2-Jun 6	F	9:30-10:30am
#157628	Jun 20-Aug 1	F	9:30-10:30am
no class Jul 4			
#157630	May 3-Jun 7	Sa	10:00-11:00am
#157631	Jun 21-Aug 2	Sa	10:00-11:00am
no class Jul 5			

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Exercise – Tai Chi

Age: 13yrs and up. Tai Chi is a flowing form of exercise that relaxes the body and mind while enhancing internal energy and physical strength. The class will introduce gentle Tai Chi movements and steps that will help improve your balance, strength, breathing, and coordination. The class is for people of varying levels of physical ability. Dr. Turner instructs.

Course Fee: \$48

#157423 May 8-Jun 12 Th 7:45-8:45pm

#157424 Jun 26-Jul 31 Th 7:45-8:45pm

Exercise – Zumba

Age: 12yrs and up. Zumba is dance fitness using music and rhythms from around the world. No dance experience necessary. You'll be having so much fun that you won't realize that you're exercising. Come and join the Zumba party! Instruction given in English and Spanish. Bring a towel and water bottle. Diana Call instructs.

Course Fee: \$24

#157636 Aug 12-26 T 10:00-11:00am

#157637 Aug 14-28 Th 10:00-11:00am

Course Fee: \$48

#157413 May 6-Jun 10 T 10:00-11:00am

#157414 May 8-Jun 12 Th 10:00-11:00am

#157415 Jun 24-Jul 29 T 10:00-11:00am

#157635 Jun 26-Jul 31 Th 10:00-11:00am

SERTOMA ARTS CENTER

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Keyword: Sertoma Arts

